



MIAMI BEACH

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PRESS RELEASE

Breakfast in Pajamas

Miami Beach, FL – Breakfast is served. On Friday, January 27, the City of Miami Beach Parks and Recreation Play-Time Program, held at Flamingo Park, taught their three and four year old children the importance of starting the day off the healthy way during their "Breakfast in Pajamas" event. The children had an opportunity to learn the importance of a well-balanced breakfast while enjoying the comfort of home (pajamas). The group was exposed to a variety of foods such as fruits, toast, cereal, whole-grain waffles, orange juice and milk.

"Breakfast in Pajamas" allow the children to learn the importance of breakfast and the types of food to eat in order to live a healthy life, "said Coach Lucinda Alonso. Parents also appreciate this event. "There is a huge problem in America with the health of our youth and exposing them early to good eating habits is very important," said parent Nasmil Poveda.

The Play-Time program at Flamingo Park runs Monday-Friday from 9:30 a.m. - 12:30 p.m. Children must be three years old before September 1st to enroll. Enrollment for the next session will be in August. Be on the look out for the City of Miami Beach Parks and Recreation, "Recreation Review" for more details, or call Jacqueline Comptis at (305) 531-5636 ext. 26.

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